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10. *Agave americana* L. (Century plant)

... to be a good wife and a good mother and a good friend.

.....

[illegible]

10. I can only remember the name of the boat with any certainty, and that is

• *Alcon*: 11 00 151515 4200 0

1. The following is a list of the names of the persons who have been appointed to the various positions in the organization of the National Council on the Arts and the National Endowment for the Arts:

... and the other two are ...

1. United States is a country with a large population.

100-100000, before you're a woman. It's a 100-100000, not a 100-100000, and to the

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion. The number of people aged 65 and over is expected to increase from 200 million to 400 million. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion. The number of people aged 15 and over is expected to increase from 3.5 billion to 4.5 billion.

19457 *Phlox pilularis* (L.) S. Wats. 19458 *Phlox pilularis* (L.) S. Wats.

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HOMEMAKERS' CHAT

MONDAY, October 14, 1940

(FOR BROADCAST USE ONLY)

SUBJECT: "BUCKWHEAT CAKES AND MORE." Information from the Bureau of Plant Industry, and the Bureau of Home Economics, U.S.D.A. Publication, available: "Growing Buckwheat," F.B.1835 and "Buckwheat Recipes" from the Bureau of Home Economics, U.S.D.A.

--ooOoo--

Ask anyone you know to name some typical American dishes, and you're almost sure to hear about buckwheat cakes. Not so long ago buckwheat cakes came to the American breakfast table on winter mornings as regularly as the sun came up. Good housewives kept a continuous supply of batter on hand from fall to spring. They made up the first batch when the buckwheat crop came in in the fall; and they kept the batter going by adding more flour and liquid each day after they made the breakfast cakes. Wild yeast growing in the batter provided leavening for the cakes. The old black iron griddle cooked them. And they were so good they got praise in a famous American song. Remember the line "buckwheat cakes and injun batter" in the song Dixie Land?

Yet as grain crops go in the United States, buckwheat is not important. And today not much buckwheat grows in Dixie Land. Most of it comes from the Northeast, over half the crop from Pennsylvania and New York. What's more, housewives today have no idea of the many good things buckwheat flour will make. Most of them think of buckwheat only as something in pancake flour. Foods scientists at the Bureau of Home Economics have recently worked out recipes for many good buckwheat dishes. But before you hear the recipes, perhaps you'd like to hear a little about buckwheat itself.

Plant scientists believe buckwheat originally grew in the mountains of China and then spread to Europe. The early colonists brought it to this country. As the

country grew, the buckwheat crop grew until by 1866 buckwheat was growing on 8 hundred thousand acres. The buckwheat crop stayed about that size until the war years of 1917 and '18. Then a million acres were planted to buckwheat. After the war the buckwheat crop become smaller. Now buckwheat grows on only about a half million acres. This year's buckwheat crop will probably be the smallest crop since 1866.

And where once American families took their own buckwheat to the mill to be ground into flour, they now buy it mostly in prepared pancake mixtures. Many of these mixtures are buckwheat, corn, wheat, and rice flour with some baking powder for leavening. To make pancake batter of this prepared flour you just add liquid.

About this time of year small supplies of pure buckwheat flour begin to come on the market. Buckwheat contains considerable fat so the flour doesn't keep well in hot weather. Also buckwheat is a hearty grain food more suitable to cold weather when you want food to "stick to the ribs."

Buckwheat may not be one of the country's most important grains, yet it has many virtues of its own. Buckwheat is one of the best crops for poor land because it will grow on poor land and improve the soil as it grows. You often find buckwheat growing back in the hills. That's because it does so well on thin, stony, rolling land, or on acid soil. Farmers frequently plant buckwheat to build up soil because buckwheat can make use of some phosphorus and potassium in the soil other grain plants can't use.

In the Northeast buckwheat is valuable, too, in destroying weeds. The seed germinates quickly, and the plant makes such a rapid, thick growth it smothers weeds, especially quack grass. Buckwheat's short growing season may help the farmer. The grain is ready to harvest in from 10 to 12 weeks after planting. So buckwheat can go into the ground late in the season and make use of land where a crop planted earlier has failed. Then, you'll often see orchards and vineyards planted to buckwheat, because buckwheat makes such a good cover crop or green manure.

And, you know, buckwheat is an important fall honey crop. Buckwheat blooms for a month or more, and each little white flower has a good supply of nectar for the bees. Buckwheat honey is dark and has a distinctive flavor. It sells generally for less than the mild, light-colored honeys, but people who live where buckwheat grows usually prefer it. You'll find many a good American who thinks no food combination on earth compares with buckwheat honey on hot buckwheat cakes.

And now that the conversation is back to buckwheat cakes, here's a question: Do you know you can use buckwheat flour to make other cake than the traditional pancake? Food scientists at the Bureau of Home Economics after a study of the uses of buckwheat flour report that it is especially good in inexpensive cakes like gingerbread, spice cake, upside-down cake, and even drop cookies. You can make any of these cakes from your regular recipe, just using pure buckwheat flour for part of the flour called for in the recipe. In general, you'll get best results if you use a smaller proportion of buckwheat flour than white flour. In making buckwheat gingerbread the food scientists used a cup and a half of white flour but only a cup and a fourth of buckwheat flour. For upside-down cake they used three-fourths of a cup of white flour and only a half cup of buckwheat. Otherwise the ingredients, mixing and baking were the same as for the standard cake.

Buckwheat is good in many breads as well as in cakes. You can use part buckwheat flour in waffles, baking powder biscuit, steamed brown bread and other brown breads, even in yeast bread. In yeast bread use less than one-fourth as much buckwheat as wheat flour so the bread will be light.

All in all, you see, buckwheat deserves appreciation as a good crop for poor soil, and as a food good for man, poor or rich. Now if you want the new buckwheat recipes, write to the Bureau of Home Economics, Washington, D. C. for them. And if you want information on growing buckwheat, write for Farmers' Bulletin 1835 from the U. S. Department of Agriculture, Washington, D. C. Both publications are free.

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